

Know Yourself: Meet The Real You

Why Knowing ourselves Matters?

- *When you don't know who you are, you end up chasing what everyone else is chasing and never feel content or happy even after having it.*
- *Without clarity about what you want from life, you feel lost & directionless, like life is happening to you instead of through you.*
- *Other people's opinions start defining you — their approval feels necessary, & their criticism feels personal and deeply destructive.*
- *Comparison becomes your default lens as you are not aware of your deepest desires.*
- *Self-doubt & insecurity become easier to trigger — anyone can make you question your worth, your decisions, or your dreams because you don't have an inner anchor.*

Let's begin with a few simple questions that can guide your journey of knowing who you truly are.

1. Write down everything that you don't want in life - disrespect, inequality, self-doubt, being controlled, or compromising your core values. (This helps you recognise the anger or frustration you ignore before it turns into unresolved emotions or affects your well-being)

2. What are your 5 core values — the beliefs that, when compromised, make you feel suffocated or hurt inside? (When your core values are compromised, you subconsciously create emotional scars by trying to suppress or manipulate them to fit in.)

3. If there were no responsibilities or worries, what would you love to be doing? (This is what makes your heart sing — a kind of happiness that stays with you no matter what's happening in the outside world.)

4. What makes you feel at peace with yourself? Just name 2 things that calm you, no matter what's going on in your world. (This represents the minimum you require to remain aligned with your own energy.)

5. Who am I when no one is watching or expecting anything from me? (Your authentic personality beyond roles and labels)

6. What are your biggest fears, and how they limit your actions & decisions? (Reveals about your limiting beliefs that shape your choices)

7. How do you react to criticism or compliments? (This tells about your level of self-esteem & openness to growth)

8. What are the top 5 things in life you are truly grateful for? (What you value most in life, your source of strength, your overall life satisfaction)

9. How do you numb or distract yourself from uncomfortable emotions, & what are these emotions? (Your coping mechanism, unhealed triggers, level of emotional awareness)

10. What role do you often play in relationships (e.g. caregiver, peacemaker) & why? (This reveals your boundaries, expectations in relations, childhood patterns or unmet emotional needs)

See, answering only a few questions about yourself helps you reveal where your inner strengths or weaknesses, emotional maturity or instability, your heart's desires & your limiting beliefs are coming from.

And only by knowing this can you take steps to heal, free yourself from inner battles and conditioning, and walk toward your healing journey — embracing your true self, free from fear, self-doubt, and insecurity.

A few tips before you begin:

- You may not get the right answers immediately and that's okay. Keep them in the back of your mind and your inner self will reveal them to you. Be patient with yourself.*
- Be very honest and unfiltered, and don't judge yourself for anything. This is your gateway to becoming who you are meant to be.*
- Nobody is seeing these answers. It's just a way of bringing your subconscious mind and soul's desires into the light.*

May this journey of self-discovery lead you back to the most authentic you.